

FOOD LIST



Fruit One

Banana, 1/2
Blackberries, 3/4 cup
Blueberries, 3/4 cup
Boysenberries, 1 cup
Raspberries, 1 cup
Strawberries, sliced, 1 cup

Fruit Two

Apple, 1 medium
Grapefruit, 1/2 large
Grapes, 1 cup
Kale, 1 medium
Mango, 1/2 small
Melon, 1 cup
Nectarine, 1 medium
Orange, 1 medium
Papaya, 1/2 small
Pear, 1 medium
Peach, 1 medium
Pineapple, 1 cup
Plums, 2 small
Tangerines, 2 small

Salad

Endive
Lettuce (any except iceberg)
Spinach

Salad Ingredient One

Arugula
Celery
Chopped green onions
Cucumber
Parsley

Salad Ingredient Two

Asparagus
Bell pepper
Broccoli
Carrot
Cauliflower
Green string beans
Mushrooms
Radish

Leafy Green Vegetable

Bok choy
Brussels sprouts
Cabbage
Chard
Collard
Kale



Grain

Cereal (less than 7 g of
sugar per serving)
Oatmeal, (cooked) 3/4 cup
Whole-grain bread
(no enriched flour), 1 slice
Flourless bread, 1 slice

Meat

Chicken breast (skinned)
Fish
Lean lamb
Lean steak
Pork tenderloin
Turkey

Meat Substitute

Beans, lentils, or legumes
(cooked), 3/4 cup
Hummus, 1/4 cup
Egg whites, 6
Egg substitute (plain), 3/4 cup
Cottage cheese (nonfat), 1/2 cup
Low-fat cheese, 3 slices
Plain yogurt (nonfat), 1 cup
Veggie burger (less than 5 g
of fat per serving)

Tofu
Tempeh
Seitan

Fat One

Ground flaxseed
(recommended), 1 Tbsp.
Flaxseed oil
(capsule okay), 1 Tbsp.
Fish oil (capsule okay)
Any omega-3 supplement
Olive or canola oil, 1 Tbsp.
Safflower, borage, flax,
evening primrose, sunflower, or
hemp oil, 1 Tbsp.

Fat Two

Olives, 16
Avocado, 1/4
Peanut or almond butter, 1 Tbsp.
Almonds, peanuts, or walnuts,
2 Tbsps. (1/8 cup, raw)
Sunflower, sesame, or pumpkin
seeds, 2 Tbsps. (1/8 cup, raw)

Slim In 6 Food Guide

J Spring



Slim In 6 Food Guide:

Walk Your Butt Off! (Enhanced Edition) Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten *Walk Your Butt Off* will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone

Diet And Weight Loss Guide

Volume 1 Speedy Publishing, 2014-07-23 It is very common to struggle with weight loss and it can be common to not fully understand where to start to meet any weight loss goals Diet and weight loss guides can be very helpful in providing a process on how to lose weight This will allow someone to have a reference and this can be very encouraging and positive in the process A guide should be catered to specific needs in order to help those that need to lose weight to finally discover the right solution

Dietary Guidelines and Your Diet, 1987

Walk Your Butt Off! Sarah Lorge Butler, 2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss help break plateaus and accelerate fitness levels

Nutrition Education Materials Holly Berry Irving, 1987

Unleashing the Power of

Functional Foods and Novel Bioactives Tanmay Sarkar, Slim Smaoui, Anka Trajkovska Petkoska, 2025-01-27 Unleashing the Power of Functional Foods and Novel Bioactives guides readers to understand how the physiological effects of functional foods can optimize health and aid in specific disease outcomes and prevention The book examines the impact of functional foods on various aspects of health including but not limited to cardiovascular digestive cognitive metabolic bone and joint and ocular Other sections examine functional foods can boost sports performance and manage inflammation Finally the book explores lesser known bioactives derived from natural compounds and explores their potential health benefits while providing education on sustainable production methods and the safety and toxicity Examines the relationship between functional foods and bioactives Explores functional foods and bioactives for specific health conditions Offers strategies for incorporating functional foods into everyday life to optimize health and nutrition Assesses the safety and toxicity of functional foods and nutraceuticals Discusses sustainable production practices including farming labeling and certification

Shellfish Culture, 1979-1986 Deborah T. Hanfman, 1987

TV Guide, 1975

A Clinical Guide for Management of Overweight and Obese Children and Adults Caroline M. Apovian, Carine M. Lenders, 2006-12-15 While unhealthy diet and sedentary behaviors are second only to smoking as the leading preventable cause of death in the U S less than 45 percent of adult and pediatric

obese patients received any prior advice from a physician to lose weight The low rate of identification and treatment of obesity by physicians can often be attributed to lack of **Good Eating's Classic Home Recipes** Chicago Tribune Staff,2012-09-18 Good Eating s Classic Home Recipes offers a comprehensive collection of side dishes meals and desserts that were compiled from over 25 years of food reporting by the Chicago Tribune It includes many heirloom family recipes submitted directly by Tribune readers from comforting classics and gourmet twists on popular recipes to culturally unique dishes as diverse as Chicago itself With helpful recipe introductions and tips from food editors Good Eating s Classic Home Recipes is perfect for anyone searching for old favorites and new standards alike This book features a rich array of breakfast and brunch dishes soups and salads pastas poultry beef breads as well as cakes and pies plenty of choices for any home cook looking for inspiration in the kitchen Sweet and savory options for every meal makes Good Eating s Classic Home Recipes a must have resource for holiday cooking and dishes such as Cheesy Grits or Slow Cooker Beef and Guinness Stew are perfect to be shared with family and friends for holidays parties and gatherings of any kind **Quick Bibliography Series** ,1976

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